



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Roadrunners

□□: 360

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

5-10er Staffel

□□□: 9:20:42

□□: 10.70 km/h

□□□□: 5:37 min/km

□□□□□: 38 (of 83)

□□□□□□: 7:28:54

□□□□□: 37(of 82)

□□□□□□□: 7:28:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	53:56	5:14	30	13:59	30	13:59	10.30	53:56	5:14	30	13:59	30	13:59
Amelinghausen	13.80	1:08:46	4:58	21	16:01	22	16:01	24.10	2:02:42	5:05	22	24:13	23	24:13
Schwindebeck	9.40	58:30	6:13	50	21:10	51	21:10	33.50	3:01:12	5:24	33	36:56	34	36:56
Bispingen	8.90	56:40	6:22	58	20:18	59	20:18	42.40	3:57:52	5:36	42	52:04	43	52:04
Overhaverbeck	10.80	1:04:57	6:00	60	20:02	61	20:02	53.20	5:02:49	5:41	46	1:12:06	47	1:12:06
Undeloh	6.90	32:06	4:39	9	4:04	9	4:04	60.10	5:34:55	5:34	34	1:10:32	35	1:10:32
Egestorf	9.20	48:12	5:14	17	9:58	17	9:58	69.30	6:23:07	5:31	29	1:10:16	30	1:10:16
Salzhausen	10.70	56:04	5:14	24	14:28	24	14:28	80.00	7:19:11	5:29	31	1:20:07	32	1:20:07
Südergellersen	10.90	1:01:26	5:38	41	16:46	42	16:46	90.90	8:20:37	5:30	32	1:29:32	33	1:29:32
Sülzwiesen	9.10	1:00:05	6:36	75	23:58	76	23:58	100.00	9:20:42	5:36	37	1:51:48	38	1:51:48